

slumberkins®

# Sloth's Daily Plan

My sweet little Sloth,  
you swing into the day  
so eager to live  
life in your own way.

You want things to go  
the best that they can.  
For that, it can help  
to follow a plan.

You might plan your morning  
and check off a list:  
wake up, get dressed,  
and eat your breakfast.

You might plan your night  
to get ready for bed:  
brush your teeth, wear pjs,  
and hear stories read.

Repeating good habits  
can make you feel glad.  
They help you to meet  
all the needs that you have.

If that sounds like a lot  
for a small sloth to do,  
know this, my sweet love,  
I'm still here for you.

I'll make sure your needs  
are met with great care.  
When you start to get older  
your routines will be there.

Even grown ups, like me,  
have routines that we use.  
If I take time for me,  
Sloth, don't be confused.

It's okay for us both  
to take breaks that we need.  
I can still love you  
and have time for me.

All our needs are important  
and deserve to be met.  
Let's both follow our plans  
so we don't forget.

When we care for ourselves  
with routines that are key,  
we help ourselves  
to be the BEST we can be.

Repeat after me,  
my sweet Sloth, and know:  
a healthy routine  
helps you as you grow.

When we have a routine,  
I know what to do.  
I am cared for and loved  
by me and by you.

Slumberkins supports caregivers, educators, and children in building a foundation of social-emotional wellness. Check out more resources at [slumberkins.com](https://www.slumberkins.com)